



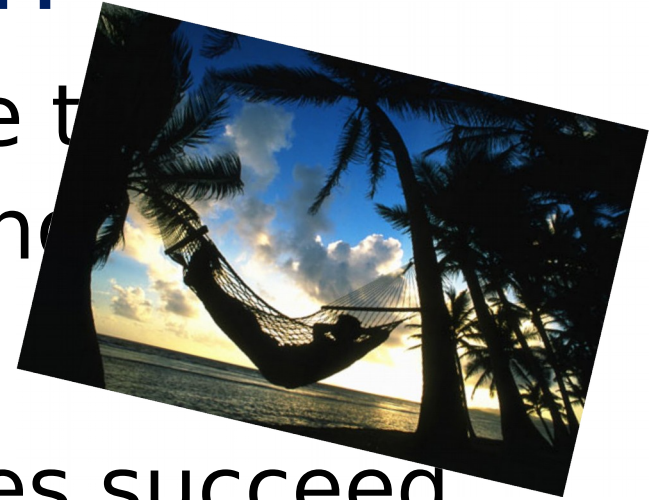
How to not **mess up** a
perfectly good holiday



bor Day Weekend

Goals: Recreation & Relaxation

- ❑ Labor Day: A great time to celebrate labor by getting a day off work.
- ❑ Most Sailors and Marines succeed.
- ❑ Some, however, end up making corpsmen, nurses and doctors busy.



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What Happened Last Labor Day

Last Labor Day weekend 2015, there were three Navy and Marine fatalities, 45 on-duty and 57 off-duty mishaps.



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How Personnel Were Killed

As of 29 August 2016

- Motorcycle wrecks
- Car/truck wrecks
- ATV
- Alcohol/accidental drug overdose
- Fall/rock climbing
- Privately owned aircraft
- Boating/drowning
- Personal handgun
- Fire



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Other Labor Day Activities Where People Hurt Themselves

- Ice skating
- Burning trash
- Tubing
- Moving furniture
- Roller skating
- Wrestling (horseplay)
- Personal watercraft
- Grilling
- Riding a horse
- Chemical burn
- Fall from roof
- Skimboarding



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Four Pieces of Advice*

- ✓ Don't get so drunk that you can't think
 - ✓ Spend five minutes on "what if" before you start
 - ✓ Manage the risks
 - ✓ Speak up if a buddy does something stupid
- * For maximizing your fun



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Don't Get So Drunk That You Can't Think

- ❑ Just because you know someone who drinks 14 beers in a row doesn't mean that 7 in two hours is "moderate"
- ❑ Drinking isn't a contest
- ❑ You aren't cooler, wittier, or more confident when you're hammered



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Spend Five Minutes on “What If” Before You Start

- Most mishaps are easily preventable
- Most precautions are quick and cheap (at least compared to medical care)



These fishermen aren't catching fish for a long time



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Manage the Risks

- Pushing limits: Fine
- Biting off more than you can chew: Not fine
- Avoidable mishaps are painful, costly, and fun-ending



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Speak Up If a Buddy Does Something Stupid



- Don't just spectate -- get involved
- Remember, you may have to drive them to the E.R.
- Don't let the lowest common denominator dictate outcomes



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